



Name: _____ Number: _____ Class: _____ Date: ____/____/____

Evaluation: _____ Teacher: _____

Read the following text:

ANOREXIA



Anorexia is a dangerous eating disorder which often starts in the teenage years. In Britain 5% of the girls are anorexic and four out of ten teenage girls skip meals so that they can be slim like fashion models and pop stars. But it's not just girls – many boys want to lose weight too and often don't eat enough because of it.

What exactly is anorexia?

It's a medical condition and its full name is anorexia nervosa. People with anorexia try not to eat and lose a lot of weight. They often feel fat even when they are very thin. They use other ways of staying thin too, like taking laxative tablets (which make you go to the toilet more often) or by doing too much exercise. Anorexia is serious.

Anorexics can become very weak and die. About 20% of anorexics don't live more than twenty years after anorexia starts and only 60% of anorexics get better completely.

Who gets anorexia?

The Eating Disorders Association says that girls between 10 and 19 years of age are the most likely people to become anorexic. But anorexia can happen to anyone. More boys are becoming anorexic. 1 in 500 young men have an eating disorder. Eating disorders are also increasing among 8-11 year olds. Celebrities are particularly vulnerable because people are always judging their appearance. Christina Aguilera's video for the song *Beautiful* shows the effect of the pressure on young people to be slim. A young anorexic girl looks at her image in the mirror. She then angrily breaks the mirror. Singer Victoria Beckham recently said that she nearly became anorexic. She explains, "You pick up magazines and you see how you should look when you're a famous person".

Glossary:

Eating disorder – perturbação alimentar
Skip – saltar
Slim – magra
Weight – peso
Tablets – comprimidos
Weak – fraco

I**A – Read the text and choose the correct option to complete each sentence:**

1. **Anorexia is** _____
 - a) A lifestyle
 - b) A disorder
 - c) The title of a film
2. **Girls are most affected by anorexia because they** _____
 - a) Like sweets very much
 - b) Don't care about their image
 - c) Want to be like fashion models
3. **People with anorexia** _____
 - a) To be thin, don't eat.
 - b) Are easily cured
 - c) Only eat vegetables
4. **People with anorexia take pills to** _____
 - a) Prevent headaches
 - b) Have energy
 - c) Loss weight
5. **Boys are** _____
 - a) Also affected by anorexia
 - b) Not worried about their look
 - c) Completely against the idea of losing weight
6. **Famous people are often judged by** _____
 - a) Their work
 - b) Their image
 - c) Their money

B – Match the words on the left with the right equivalent on the right:

- | | |
|---------------------|---|
| 1. Starts _____ | a) Tension |
| 2. Skip _____ | b) Looks |
| 3. Increasing _____ | c) Get |
| 4. Appearance _____ | d) Begins |
| 5. Pressure _____ | e) Indignantly |
| 6. Angrily _____ | f) Rising |
| 7. Pick up _____ | g) Not do something that you usually do |

C – Find the opposites on the text for the following words:

1. Never _____
2. Finishes _____
3. Win _____
4. Fat _____
5. Worse _____

D – Answer the following questions on the text:

1. What is anorexia?

2. When does it normally start?

3. What do people with this disease generally do?

4. Who gets anorexia?

5. Why are celebrities also affected by this disease?

II

A – Write the following food and drink under the correct heading

Fruit salad

Cola

Asparagus soup

Apple pie

Tea

Cheese cake

Fish salad

Chicken with rice

Coffee

Roast lamb with potatoes

Smoked salmon

juice

Starter	Main course	Dessert	Beverages

B – Match the quantity with the article

1. A glass of _____
2. A kilo of _____
3. A slice of _____
4. A cup of _____
5. A carton of _____
6. A bar of _____

- a) A orange juice
- b) Chocolate
- c) Milk
- d) Potatoes
- e) Apple pie
- f) Tea

C – Insert the words in the right columns

Butter
Tea
Meat
milk

Cheese
Juice
Glass
paper

Oil
Water
Sandwich
fork

Plate
Cup
Bottle
glass

COUNTABLE NOUNS	UNCOUNTABLE NOUNS

D – Complete with SOME or ANY

1. I'd like _____ more salad but there isn't _____.
2. Would you like _____ coffee?
3. She doesn't drink _____ alcoholic drinks.
4. There aren't _____ shops near school.
5. I've got _____ chicken and _____ bread.
6. Did you take _____ photos?

E – Complete the sentences with a modal verb: *can, could, may, might, should or must*

1. _____ I suggest this long red dress?
2. _____ you speak Italian fluently?
3. She _____ run faster if she wasn't so fat.
4. Stop making that noise! You _____ behave well in front of the teachers.
5. You _____ not smoke here. It is forbidden.

F – Complete with SHOULD / SHOULDN'T or MUST / MUSTN'T

1. I have got a big problem to solve! What _____ I do?
2. They _____ finish their final work tonight.
3. She _____ park the car here. It's forbidden.
4. They _____ watch so much television.